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OTTAWA

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Tuesday, April 12, 2011
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News worth sharing.

Tories in turmoil

► 'Parliament was misinformed' by Conservatives over G8 funding, Auditor General Sheila Fraser writes in report ► Report states government disagrees with Fraser's findings

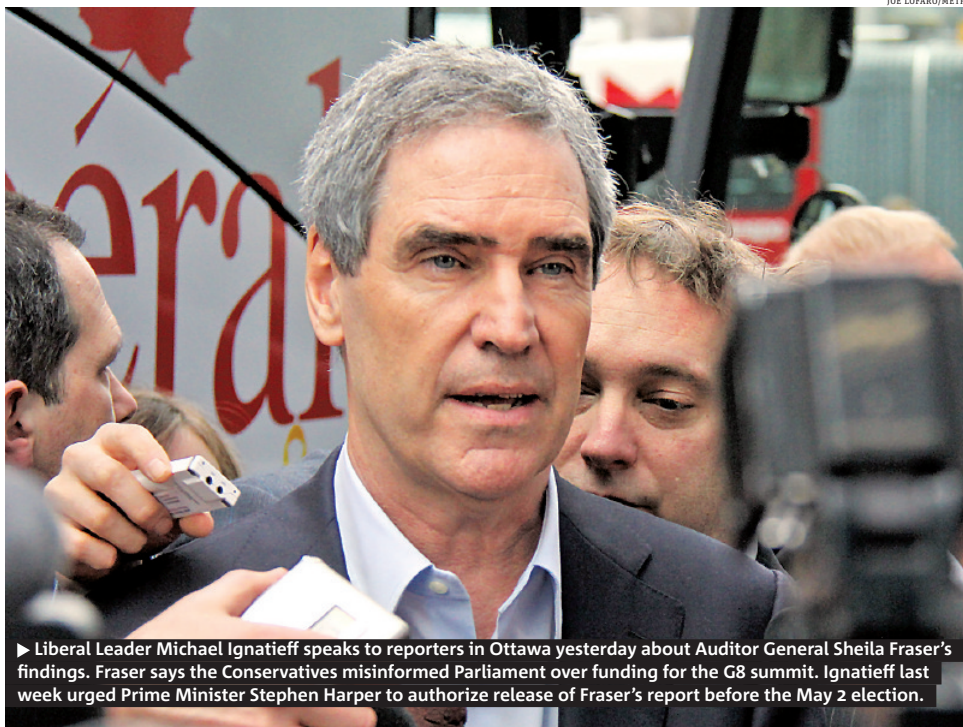
The Harper government misinformed Parliament to win approval for a \$50-million G8 fund that lavished money on dubious projects in a Conservative riding, the auditor general has concluded.

And she suggests the process by which the funding was approved may have been illegal.

The findings are contained in the draft of a confidential report Sheila Fraser was to have tabled in Parliament on April 5. The report analyzed the \$1-billion cost of staging last June's G8 summit in Ontario cottage country and a subsequent gathering of G20 leaders in downtown Toronto.

It was put on ice when the Harper government was defeated and is not due to be released until sometime after the May 2 election. However, a Jan. 13 draft of the chapter on the G8 legacy infrastructure fund was obtained by a supporter of an opposition party and shown to The Canadian Press.

THE CANADIAN PRESS



► Liberal Leader Michael Ignatieff speaks to reporters in Ottawa yesterday about Auditor General Sheila Fraser's findings. Fraser says the Conservatives misinformed Parliament over funding for the G8 summit. Ignatieff last week urged Prime Minister Stephen Harper to authorize release of Fraser's report before the May 2 election.

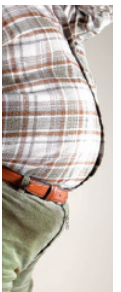
Housing

Getting pushed aside

► Affordable housing not getting much attention during election campaigns: ATEH chair {page 4}

Faith adding weight

Religious people more likely to be obese: Study {page 13}



Get ready for change

City's garbage pick-up routine gets an overhaul {page 3}

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Residents talk trash

Some Ottawa residents were hoping yesterday city council would take a proposal to reduce garbage pick-up and kick it to the curb, saying the savings being contemplated are peanuts compared to the inconvenience and the money wasted elsewhere.

"They spend \$137 million a year on consultants and here they are talking about saving \$9 million on garbage?" Hintonburg resident Michael Rowe said incredulously. "They're looking in the wrong place. Surely we can have weekly garbage pick-up."

Rowe said he recycles and composts and has seen a reduction in the amount of actual garbage, but said taxpayers deserve weekly service.

"If you go on holidays and miss the cycle then you're into monthly service," he said.

His friend, Roger Hebert of Blossom Park, also said he wanted the city to keep weekly garbage collection, but said he is skeptical recycling actually goes where it's supposed to. Instead he said the city should incinerate garbage.

"They do it in Europe," he said. "It's clean and it can generate energy."

SEAN MCKIBBON



► Michael Rowe shows off his blue box to recycling skeptic Roger Hebert.



► City garbage collection could be getting a little less frequent, under a cost-cutting proposal to reduce collection to every fortnight.

City to curb waste pick-up

- City committee passes plan emphasizing green bins, recycling
- Plan cuts curbside collection, high-rise apartment dwellers unaffected



JESSICA SMITH
OTTAWA@METRONEWS.CA

Get ready for a change in your weekly garbage routine.

A city committee passed a plan yesterday that will likely see Ottawa residents putting out green boxes with organic waste once a week and garbage bags with "residual waste" once every other week — on top of the

current alternating blue and black box recycling system.

The change will come into effect June 2012 in rural and urban areas if council approves the recommendation tomorrow.

City officials supporting the plan say it would save \$54 million over six years, resulting in lower tax bills and more waste diverted from the Trail Road Landfill.

The proposal also includes a free service to let households that use diapers and incontinence products keep weekly garbage pick-up. That sparked privacy concerns among some councillors.

Councillor Allan Hubley, the only committee member to vote against the plan, cited concern and other negative feedback from residents for his decision.

User reaction

City consultation results:

- Overall 52% prefer new plan over current system.
- 70% of green bin users prefer new plan.
- 17% of people who don't use green bins prefer new plan.

1

news


Spring means familiar insects emerge again, but some pose real health risks. Scan code for story.

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On the web at metronews.ca



Allan Small on why investors should keep a wary eye on rising oil prices. More at metronews.ca/investing

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Ottawa girl can sing, act, dance

A local student won a \$1,000 scholarship to a performing arts school at the Inaugural Show Choir Canada National Championships on Saturday.

Andrea Constantine from St. Peter Catholic High School was named the top female "Triple Threat." Her school placed fifth overall.

JESSICA SMITH



► Students from St. Peter Catholic High School compete at the inaugural Show Choir Canada National Championships.

News in brief

Fire strikes after storm

DELSON DR. Lightning is believed to have sparked a roof fire that forced two people from their home at 3630 Delson Dr. early yesterday morning. Firefighters contained the fire by 6:46 a.m. Damages to the house

are estimated at \$15,000.
JOE LOFARO

Power knocked out by weather

BREAKER OPENS. Almost 5,000 customers along Limebank Road, Earl Armstrong Road and Highway 16 lost power just after 4 a.m. yesterday when a breaker opened during the storm, according to Hydro Ottawa.

JESSICA SMITH



► Marion Wright, chair of the Alliance to End Homelessness in Ottawa.

Putting housing on agenda

► Affordable housing not getting enough attention in election campaigns: ATEH chair ► Alliance calls for a well-funded national housing strategy to construct social housing units, invest in existing ones across Canada



JOE LOFARO
@METRONEWS.CA

Ottawa gets a failing grade for affordable housing, but voters have a chance to change that on May 2, Al-

liance to End Homelessness (ATEH) chair Marion Wright said yesterday.

The ATEH released its 2010 report card yesterday gauging the city's performance compared to ATEH's annual targets for ending homelessness in Ottawa by 2020.

While the City of Ottawa failed to make housing more affordable for those on Ontario Works and Ontario Disability Support Program, it did reduce the number of people living in emergency shelters.

"The right direction was set by the city making significant investments," said Wright, referring to a \$10-

512

The number of youth in Ottawa living in emergency shelter in 2010, an increase of 59 from 2009.

million commitment from the city for the Housing and Poverty Initiative and \$4 million for capital investments in housing included in the 2011 budget.

"Now it's up to the feds and the province. The feds are going the other way," said Wright. "This is the time for people to speak up to people who are standing for election."

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► Michelle Walrond speaking at an ACORN event.

Poverty group urges action on 'living wage'

City council is dragging its feet on implementing a proposal to restrict municipal contracts only to those employers who agree to pay their workers a "living wage," say members of an anti-poverty lobby group.

Ottawa members of ACORN met at city hall yesterday to continue to pressure councillors to support the proposal that would set a minimum "living wage" of \$13.50 an hour.

"The city has some contractors who pay minimum wage or less than the low-income cutoff," said ACORN member Michelle Walrond, comparing the practice to child labour or sweatshops.

Walrond said the \$13.50 figure is based on cost of living statistics from Statis-

"We're still here, we're not going anywhere and we're not giving up on it."

MICHELLE WALROND, ACORN

tics Canada and reflects the amount a person needs to make ends meet in Ottawa. She said people who work for less often have to supplement their incomes by relying on food banks and other social services.

Walrond said about 14 councillors have voiced their support for the idea, but added the group had a setback with the proposal during the last municipal election, when some supportive councillors failed in their re-election bids.

SEAN MCKIBBON

Leafs GM among Jer's honourees

► Ceremony to highlight anti-bullying campaign



JOE LOFARO
@METRONEWS.CA

Youth across the country have nominated three individuals who, through their efforts, have made Canada a better place in which to live.

Today, they will be rec-

ognized at the 6th annual Jer's Vision/Day of Pink Gala at the University of Ottawa.

Toronto Maple Leafs general manager Brian Burke, humanitarian Stephen Lewis and the ambassador to the Kingdom of the Netherlands are this year's recipients of the

award for youth role model of the year.

"It's a free night, totally accessible, and it'll be an amazing cross-section of celebrities, politicians, and community leaders who are interested in making our community a better place," said Jeremy Dias, founder of Jer's Vision.



Music. From Mali

► Malian singer-songwriter Salif Keita will perform tonight at a show presented by the Ottawa Jazz Festival at the Dominion-Chalmers United Church. Tickets are on sale at ottawajazzfestival.com.

CONTRIBUTED

Sounds of western Africa

Police crack down on city's sex trade

Police targeted prostitutes and their clients in a sweep of "problem areas" in central and west Ottawa from April 7-9, officers said yesterday.

Project Reclamation resulted in charges of communicating for the purpose of prostitution, mischief and drug possession.

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Gbagbo captured in bunker raid

► Strongman suffers literal slap in the face during arrest by Ivory Coast forces ► French air strikes aid in topple

Forces loyal to Ivory Coast's elected president ended the 10-year rule of strongman Laurent Gbagbo yesterday, storming the bunker where he had holed up and putting him under arrest following a crisis that left hundreds dead and threatened to reignite a civil war.

Gbagbo's dramatic arrest came after days of heavy fighting during which French and UN helicopters fired rockets at his presidential residence. Forces backing the internationally recognized winner Alassane Ouattara had begun a rapid offensive to oust Gbagbo last month.

Issard Soumahro, a pro-Ouattara fighter at the



► Laurent Gbagbo

scene, told The Associated Press that the ground offensive to seize Gbagbo came after the French launched air strikes until

at least 3 a.m. yesterday.

"We attacked and forced in a part of the bunker. He was there with his wife and his son," Soumahro said. He added that Gbagbo was tired and had been slapped by a soldier, but was not otherwise hurt.

In western Ivory Coast, rebels fired into the air in jubilation in Duekoue, causing a panic among refugees who fled in all directions or dropped to the ground in terror. In villages going east from Duekoue people danced in the streets, waving tree branches. In one village, young men paraded with the orange, white and green Ivorian flag.

THE ASSOCIATED PRESS

Last. Trip



► Kate Middleton reacts to the crowd at Witton County Park in Darwen, England, yesterday, during a visit to support local youth charities in the region.

ALASTAIR GRANT/THE ASSOCIATED PRESS

Pre-wedding travels

Prince William and fiancée Kate Middleton brought their electric smiles to northwest England yesterday for the last trip in their pre-wedding tour of the U.K. Adoring crowds in Blackburn ignored a steady rain to get a glimpse of the royal couple, who plan to marry April 29 at Westminster Abbey in London.

Face-veil ban sparks protest

France put into motion yesterday the world's first ban on Islamic face veils, meaning that women may bare their breasts in Cannes but not cover their faces on the Champs-Élysées.

Two veiled women were hauled off from a Paris protest just hours after the ban came into effect. Their unauthorized demonstration, on the cobblestone square facing Notre Dame Cathedral, was rich with both the symbolism of defiance and its medieval history. THE ASSOCIATED PRESS

2000

The law affects barely 2,000 women who wear the niqab, which has just a slit for the eyes, and the burka, which has a mesh screen over the eyes.

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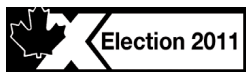
Alison Smith



CBCnews

G8 report hot Twitter topic

► Election interest spikes on social media after auditor general's report blasts Tories for misuse of funds ► More than 3,000 tweets by afternoon



Online forums and social media exploded yesterday with discussions about a draft auditor general's report concluding that the government misinformed Parliament on G8 spending.

It represented the largest single-issue spike in election chatter to date.

Discussion on Twitter about the story represented a whopping one-quarter of all election-related tweets for the day, according to an

Opposition reacts

Michael Ignatieff urged Harper to explain what he called a "scandalous" abuse of public money.

► **In the G8 leadup** Conservatives were "spraying money around like drunken sailors," Ignatieff said. "What we didn't know is that they lied to Parliament."

analysis by digital public affairs strategist Mark Bleviss. It surpassed coalition

talk — which dominated online conversation at the beginning of the campaign — to become the most tweeted one-day issue, he found. By afternoon there had been more than 3,000 tweets about the story that broke just before 10 a.m.

By mid-afternoon there were more than 2,800 comments on the story posted on the Globe and Mail's website. More than 600 people tweeted the link and more than 4,000 people shared it on Facebook.

"We're seeing incredible

increases in traffic," Bleviss said.

The enormous amount of online discussion, particularly the spike in tweets, can partly be chalked up to the simplicity of the issue, he said.

In a forum limited to 140 characters per tweet, the ideas that gain the most traction in this election are ones that are easy to explain, simple to discuss and amenable for partisan tweeters to paint as black-and-white issues, Bleviss said.

THE CANADIAN PRESS



► Green party leader Elizabeth May, left, speaks as Arno Schortinghuis pedals a bicycle to power the audio system during a rally in Vancouver yesterday.

Latest poll shows Tory majority within reach

The Conservatives have opened a double-digit lead over the Liberals in the latest poll — and are again knocking on majority's door.

The new Canadian Press Harris-Decima survey suggests Stephen Harper's party stands at 40 per cent, 12 points ahead of the Liberals, heading into the first of two televised leaders' debates.

The NDP was at 15 per

cent, with the Bloc Québécois and the Greens trailing at eight per cent.

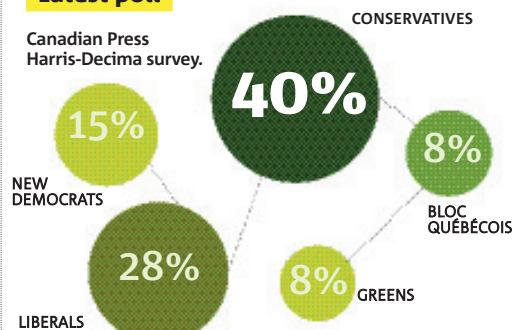
Last week, the two top parties were only seven points apart with the Tories leading 35 to 28 per cent.

The latest sampling of voter intentions suggests Liberal gains during the first week of the campaign might have been a short-term setback.

The telephone survey of 1,018 people was taken

Latest poll

Canadian Press Harris-Decima survey.



between April 7 and 10, and the results are considered accurate to within plus or minus 3.1 percentage points, 19 times out of 20.

The findings do not take into account the latest controversy to hit the Harper government, that is, yesterday's leaked draft report pointing to possible spending irregularities during last June's G8 summit.

THE CANADIAN PRESS

Provincial polling

The survey suggests a close battle between Liberals and Tories in Ontario and the Atlantic provinces.

- **West** The Conservatives are far ahead in the Prairies and have a comfortable lead in B.C.
- **Quebec** The Bloc Québécois lead the Tories 38 to 24 per cent, with the Liberals at 20 per cent.

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JESSICA
NAPIER

MESSAGE OVERLOAD

I'm not what you would call technologically inclined. I collect old typewriters, scribble all my appointments in a moleskin notebook and every cellphone I buy malfunctions just a few days after the warranty expires.

But as much as I hate technology, I hate being out of the loop even more. And so, this weekend I reluctantly downloaded LiveProfile — a new instant messaging app for my BlackBerry. Do I need yet another way to host multiple conversations on my mobile? Of course not.

And, yet, it would appear that our generation's voracious appetite for instant messaging still hasn't been satisfied. This latest cross-platform service quickly surged to one million users in just five days after launching an app for BlackBerry users at the end of March.

So if you were having trouble connecting with me via BBM, SMS, Gmail chat, Facebook, Skype, LinkedIn, Twitter, email and, oh yea, the actual telephone, there is now a brand new way to reach me on whatever smartphone of choice you have glued to your sweaty palm. Ironically, the more ways there are to stay in contact, the less connected I feel.

My desire to join the conversation (wherever it might be) means that quality correspondence gives way to compulsion. I routinely experience phantom vibrations (google it) and like Pavlov's poor canine, I start salivating at the very sight of a blinking red light.

The pressure to keep up with the rapid dialogue these technologies facilitate diminishes our ability to nurture meaningful relationships. We let cellphones become the intrusive third wheel on dinner dates and scan status updates and online photo albums instead of planning face-to-face catch-up sessions.

So, has this brave new world of mobile messaging left us entirely out of touch with reality? Maybe not.

Last week I received a handwritten letter from a long-distance friend. This small note probably took her less than 20 minutes to compose, seal, stamp and mail and yet it was infinitely more meaningful than 20 days' worth of instant messaging.

I read it over no less than three times before carefully placing the pages on a pin board in my bedroom — a much more tangible keepsake holder than my virtual catalogue on Pinterest.com.

I'll preserve the letter like an ancient relic of a time gone by to remind myself that every once in a while there is real value in going offline. Because maintaining a constant stream of texts, tweets, pins and posts doesn't really seem like networking anymore, it just seems like work.

Read more of Jessica Napier's columns at metronews.ca/shesays

Worth mentioning

The six humans circling the Earth said yesterday they will join in the celebrations of two prominent space anniversaries from the best vantage point of all — orbit.

Today marks the 50th anniversary of man's first journey into space and the 30th anniversary of the first space shuttle launch.

"We're going to spend the day (today) recognizing it in probably the best place you possibly can, that's on orbit and looking at our beautiful Earth," American astronaut Ronald Garan Jr. told The Associated Press from the International Space Station.

The space station's Russian commander, Dmitry Kondratyev, said the human dream of flying to the stars came true with Soviet cosmonaut Yuri Gagarin's flight on April 12, 1961.

"Fifty years is a short period of time in history, but look at that leap from a small spacecraft to the huge International Space Station," Kondratyev told the AP. "We hope that during the next 50 years, another leap that is not less than has been done, will be done."

THE ASSOCIATED PRESS

Cartoon by Michael De Adder

A DEBATE MOST VOTERS WOULD LIKE TO SEE:



WEIRD NEWS

Bring apple for a teacher, snack for a judge

If you have to face a judge, try for first thing in the morning or right after lunch.

A new study suggests that is when they are most lenient. Seeking to test the idea that justice depends on "what the judge ate for breakfast," researchers studied 1,112 rulings by Israeli judges who were presiding over boards deciding whether to grant parole to prisoners.

"We find that the likelihood of a favourable ruling is greater at the very beginning of the work day or after a food break than later in the sequence of cases," the researchers report in today's edition of Proceedings of the National Academy of Sciences.

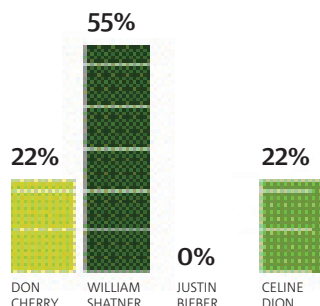
They found that at the beginning of a court session about 65 per cent of the rulings tended to be in favour of the prisoner, but the chance of a favourable ruling declined to near zero by the end of the session. After a break for a meal, favourable rulings for the prisoners jumped back up to about 65 per cent, and then began declining again. And the pattern held true for each of the eight judges observed over 50 days, they noted.

THE ASSOCIATED PRESS



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Forget the current federal leaders, who would make a better prime minister?



Local tweets



@Amen
Jafri:
@metroottawa
what do

#elxn41 leaders say abt reducing red tape for local Ottawa? ridiculous that city is governed by three (fed, NCC, city)

► @RochSt: 22 degrees in Ottawa :) <http://yfrog.com/h7zqitxj>
► @mgeist: In case u missed it — #CPC commit to Internet surveillance: pledge ISP surveillance law in 100 days <http://is.gd/E7SZY6> #elxn41

► @KWilliams1406: Loving this weather in #Ottawa

right now! warm warm warm!

LOOOOOOOOOVEEE IT!
► @tkleinwalsh: Caught a tail wind riding home, and now we're making stir fry. I feel a song and dance number coming on. #bike #day #ottawa #joy #and #bliss
► @BandRs_Mom: What's the big deal with biweekly garbage pick-up in Ottawa? I have a child in diapers and I still think it's a good idea. A lot of whiners
► @stephantelka: Still tired from being awoken by the 5AM #Ottawa thunderstorm:-S



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GERALD HERBERT/THE ASSOCIATED PRESS



► The mayor of Biloxi, Miss., allegedly used BP money designated for oil-spill cleanup to buy this Chevrolet Tahoe parked outside city hall. It replaced the five-year-old model he drove on city business.

BP EQUALS BIG POCKETS BP BUYS GULF COAST MILLIONS IN GEAR

In the year since the oil spill on the Gulf of Mexico, officials on the coast have gone on a spending spree with BP money, dropping tens of millions of dollars on gadgets and other gear — much of which had little to do with the cleanup, an investigation shows.

In sleepy Ocean Springs, Miss., reserve police officers got Tasers. Nearby Gulfport bought a \$300,000 vacuum truck that never sucked up a drop of oil. A parish president in Louisiana bought herself a deluxe iPad.

In every case, commu-

nities said the new equipment was needed to deal with the spill. In many instances, though, lots of money wound up in towns that never even saw oil from the disaster.

All told, BP PLC says it has paid state and local governments more than \$754 million US and reimbursed the federal government \$694 million US. The contracts require states to file an annual report on how the money was used. But it's unclear what consequences, if any, the states could face if they don't comply.

THE ASSOCIATED PRESS

IMF boosts outlook for Canadian economic growth

► Risks for Canada in 2011 are deteriorating housing markets and rising household debt combined with weak U.S. economy and European debt

Canada's economy will grow by 2.8 per cent this year, up from an earlier forecast of 2.3 per cent, the International Monetary Fund said yesterday as it warned the world is facing new threats from surging oil prices, Mideast turmoil, higher inflation in China and Europe's debt woes.

In the face of these challenges, the IMF lowered its expectations for Canada for 2012 to 2.6 per cent compared with 2.7 per cent in an earlier forecast. The Canadian economy grew 3.1 per cent in 2010.

Meanwhile, the global economy should grow 4.4 per cent this year. That compares with growth of five per cent last year. The IMF projects industrial countries will grow 2.4 per cent while developing countries will grow at 6.5 per cent.

Olivier Blanchard, the IMF's chief economist, said it is critical for countries



► "The world economic recovery is gaining strength, but it is unbalanced," Olivier Blanchard, the IMF's chief economist, said at a news conference yesterday in Washington, D.C. The IMF is meeting with Group of 20 nations this weekend to discuss threats to the global recovery.

STEPHEN JAFFE/IMF/THE ASSOCIATED PRESS

running large government deficits, such as the United States, to make progress in getting those deficits under control. At the same time, countries with large trade surpluses, such as China, need to boost domestic demand and not rely so heavily on exports to generate growth.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
- 211.57 (13,996.86)	+ 0.10 (104.55¢ US)	- \$2.87 US (109.92 US)	\$4.108 US (+ 6.7¢ US)
			Gold contracts \$1,468.10 US (- \$6 US)

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2
scene

Scene in brief



Reese Witherspoon mourns the loss of her privacy. The Oscar-winning actress says she sometimes sits in her car crying because she cannot go out in public as much as she'd like. Witherspoon says in the May issue of *Vogue* that although much of her life belongs to other people, but she wouldn't trade it.

THE ASSOCIATED PRESS



Rutgers students seek Bruce Springsteen to help polish school's image, counteract Snooki event

► When the NHL playoffs begin tomorrow, Canada's national pastime will be pervading our everyday lives ► To prepare you, here are the best movies to get your hockey mind in the mood for a long grueling Stanley Cup run

An all-star lineup of hockey's best movies


**MVP (Best Overall):
Slap Shot (1977)**

Nothing has captured the rough-and-tumble life of hockey as well as Paul Newman leading the Charlestown Chiefs and those bloodthirsty Hanson Brothers. Based on a real 1970's semi-pro team called the Johnstown Jets, *Slap Shot* is the Wayne Gretzky of all hockey movies.



STEVE
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**Most Sportsmanlike:
The Rocket (2005)**

This inspiring biopic about legendary Habs star Maurice Richard is remarkable for noting the struggles of a determined Francophone player in the NHL's brutally fierce early days. It earned nine Genie Awards including best actor for Roy Dupuis.


**Most Improved
(with time):
Sudden Death (1995)**

Sure, it may not be a hockey movie per se, but with Jean-Claude Van Damme trying to halt a terror attack during the Stanley Cup finals, *Sudden Death* is definitely worth revisiting. Besides, any movie featuring a three-minute fight scene between the Muscles from Brussels and the Pittsburgh Penguins mascot can't be that bad.


**Player's Pick:
Miracle (2004)**

"I love *(Miracle)* simply because it's a huge moment in hockey history," said Vancouver Canucks forward Mason Raymond of the dramatic retelling of Team USA's gold-medal win in the 1980 Winter Olympics. "That movie shows everyone what hard work, team work and a bit of luck can give ... it should be mandatory for all future hockey players to watch that movie."


**Top Prospect:
Goon**

Directed by Michael Dowse (*Fubar*) and starring Jay Baruchel from a script he co-wrote, this comedy about a bouncer who finds his calling as a hockey goon recently wrapped filming in Winnipeg and will undoubtedly cinematically reclaim the game for Canada when it hits theatres later this year.

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Wizards and Pirates, oh my!

► Hollywood is about to heat up for the summer with plenty of superheroes, sequels, prequels and aliens

Pirate Jack Sparrow embarks on a new quest. Wizard Harry Potter comes to the end of his saga. And swarms of new superheroes come out swinging.

Add in a third round of giant robots from space, the dawn of a planet of intelligent apes and an alien invasion in the Old West, and Hollywood has one of its most action-packed summers ever in store.

Daniel Radcliffe, Emma Watson and Rupert Grint head back to Hogwarts one last time for the final showdown between good and evil wizards with Harry Potter and the Deathly Hallows: Part 2.



► Ryan Reynolds stars in Green Lantern.

The adaptation of J.K. Rowling's finale to her fantasy series was split into two films, the first leaving off with last fall's cliffhanger involving the death match between Harry (Daniel Radcliffe) and dark Lord Voldemort (Ralph Fiennes).

Deathly Hallows: Part 2 joins other action franchises that are going the 3-D route for the first time, among them the Pirates of the Caribbean and Transformers sequels.

Dark of the Moon reunites Transformers star Shia LaBeouf and director Michael Bay as an event out of Earth's past touches off a new round in the struggle between two warring robot races.

After wrapping up the

original story line in a trilogy, Pirates of the Caribbean returns in a stand-alone story that sends Depp's Jack Sparrow on a hunt for the fountain of youth.

On Stranger Tides co-stars Penelope Cruz and Ian McShane, with Geoffrey Rush back as Jack's old nemesis Barbossa.

Superheroes are everywhere this summer, with the stars of Thor and Captain America making solo debuts before joining the all-star lineup of summer 2012's The Avengers.

Captain America stars Chris Evans, padding his superhero resume after co-starring as the Human Torch in the Fantastic Four flicks. Evans' Steve Rogers is a 98-pound weakling who volunteers for a military



► The Harry Potter series is set to end with the eighth film coming out this summer.

program that bulks him up into super-soldier Captain America, leading a team of heroes battling arch-villain Red Skull (Hugo Weaving).

Thor casts the Norse god of thunder into exile among puny humans on Earth, where he hooks up with a team of scientists (Natalie Portman among them) and joins the fight against a bad guy from his own realm. In his fall, Thor has lost much of his power, including the ability to wield his mighty hammer.

While Thor is sent down to the minors, the hero of Green Lantern is called up

from Earth to join a league of galactic peacekeepers.

Ryan Reynolds stars as an ordinary guy who gains superpowers from a ring bestowed by a dying alien. As the first human to join the Green Lantern Corps — essentially, interstellar cops on the beat — his character becomes the key to stopping an evil force. But he encounters a little alien bigotry along the way.

X-Men: First Class features James McAvoy and Michael Fassbender as the future Professor X and Magneto — superpowered mutants who start as allies but

end up deadly enemies in their quest to find a place for their kinsmen.

Another prequel, Rise of the Planet of the Apes, has James Franco and Freida Pinto leading the human cast as research into simian intelligence puts the world under new management.

Interspecies conflict comes to the Old West, too, in Cowboys & Aliens as a mysterious gunslinger and a cattle baron put together a posse of townsfolk, outlaws and Apache Indians to go after bad guys from space in 1873.

THE ASSOCIATED PRESS

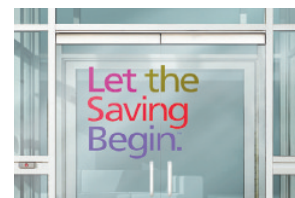
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► Kelly Osbourne

Osbourne worried about weight

Kelly Osbourne is reportedly considering gastric bypass surgery to maintain the results of her recent weight loss after she returned from vacation to find some of the weight coming back, according to the Daily Star.

"She's recently been on holiday and put on almost (14 pounds) while enjoying herself," a source says. "Kelly knows a gastric band would be drastic but she's desperate to keep the weight off."

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Halle thinks she's not the marrying kind

► Blames poor choices in love on lack of a good male role model growing up

Halle Berry has decided, after some trial and error, that marriage just isn't for her, according to the Sun.

"I wish I had known then that I was not the marrying kind. It would have saved me a lot of time, heartache and grief over the years," Berry says. "I made all the wrong choices when it came to love. I have been an idiot."

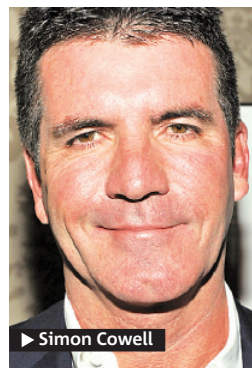
And the Oscar-winner attributes that behaviour in part to her upbringing: "My father left us when I was young and that did affect my life," Berry says. "If I had a good father in my life, growing up, then I do not think I would have made the mistakes I made ... I would have had a good role model and known what to look for."

● METRO



► Halle Berry

ALL PHOTOS GETTY IMAGES FILES



► Simon Cowell

Simon's family fears burnout

With the U.S. version of his hit show X Factor set to launch, Simon Cowell is a busy man — perhaps too busy.

"Simon's mom is freaking out. His family thinks he's doing too much and are telling him to slow down before his workload seriously damages his health," a source told the Sun.

Cowell is reportedly planning to be a judge on both the American and British editions of the show, though some have their doubts. "Simon's a workaholic but he'd need a time machine to be physically able to appear on both the American and UK versions," another source says.

● METRO

Quaid: It's just what you did

Though his struggles with cocaine addiction haven't been a secret, Dennis Quaid is opening up about his struggle in his own words. "It was very casual at first. That's what people

were doing when they were at parties. Cocaine was even in the budgets of movies, thinly disguised," the actor writes in an article for Newsweek.

"My life was falling apart, and I noticed it myself." Quaid entered rehab in the early 1990s.

● METRO

Sheen missing old job?

While bringing his Violent Torpedo of Truth tour to New York's Radio City Music Hall, Charlie Sheen seemed to change his tune when it came to Chuck Lorre, his Two and a Half Men boss and verbal spar-

ring partner.

"Let's get Chuck Lorre at Radio City and let's fix Two and a Half Men," Sheen told the audience. "Of course I want my job back."

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A religious fattening

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► A new study found people with higher religious participation were more prone to being obese.

► New study finds that those with high religious participation were more likely to be obese ► Blame placed on calorie-rich comfort food



CELIA MILNE
LIFE@METRONEWS.CA

Something about religion makes people fatter.

New research in Chicago has found that young people who do religious activities at least once a week are twice as likely to become obese at middle age as those with no religious involvement.

"It is likely that the regular intake of traditional, calorie-rich comfort foods at religious gatherings is partially responsible for the greater risk of obesity that we found," lead researcher Matthew Feinstein told Metro.

Feinstein and colleagues from the Northwestern University Feinberg school of medicine kept track of the religious habits and weights

"It is likely that the regular intake of traditional, calorie-rich comfort foods at religious gatherings is partially responsible for the greater risk of obesity that we found."

MATTHEW FEINSTEIN

of 2,433 young men and women for 18 years.

At the beginning of the study subjects were between age 20 and 32, and all were a normal weight.

Several religions were included: Protestants, Catholics, Muslims and Jews. Those who had a high frequency of religious participation (attending at least once a week) were 50 per cent more likely to be obese by middle age.

Which comes first? Religion or obesity?

This study establishes that something connected to the high religious involvement is associated with weight gain over time, not that obese people take up religion.

Feinstein suggests religious groups should use their get-togethers to educate the faithful about preventing obesity through better nutrition and regular physical activity.

The data were presented at an American Heart Association scientific session in Atlanta, Ga.

The people in the study were part of a larger study called the Coronary Artery Risk Development in Young Adults. The object of the study was to find out which groups are at higher risk for obesity, and therefore diseases and earlier death.

3

life

Still healthier



All in all, religious people do tend to live longer than non-religious people, mainly because religious people — as a cross-section of the population — tend not to smoke, says Matthew Feinstein, a researcher at Northwestern University.

CELIA MILNE



TV watching at meals indicator of more overall screen time for three-year-olds: Study

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**ROMINA
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About one-third of infertility issues are said to be down to the women, and struggling to conceive remains very much a taboo subject in a world where we believe we can have anything — including babies on demand. But a woman's body must be ready both physically and mentally in order to act as the baby's incubator for nine months.

The most common cause of infertility is dysfunctional ovulation, the monthly releasing of eggs. Issues such as stress or hormonal imbalances can cause irregularity or altogether stop this process.

Yoga teacher Jane Kersel explains how the mounting pressure from the constant need to try for a baby can become overpowering and verging on obsessive.

"A woman can enter a pushy mindset of 'this has to happen,' impacting the couple intimately and turning sex into little



more than a baby-making tool. You can't conceive a baby like you set up a board meeting," she says.

Going through infertility issues is stressful, and when we are stressed, some feel that their body betrays them. We breathe shallowly and the body holds on to the fear and stores this as stress, says Natalie Engler, a practitioner of restorative yoga.

"Stress releases the hormone cortisol, and high levels of this may interfere with reproductive hormone function responsible for ovulation and healthy gynecological function," she adds.

The body sees stress as an invader, signalling to the body that now is not a good time to get pregnant. As an ancient practice developed at a time when

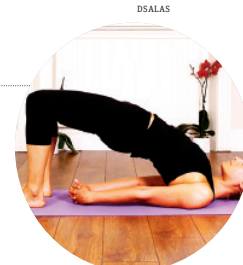
people didn't separate the body from the mind, yoga acts as a trigger for relaxation.

"In yoga, the body and mind continuum is inseparable," explains yogi Dr. Robin Saraswati Tiberi, whose teaches classes focused on fertility. "Stress makes our biological clock age faster so by reducing stress, yoga helps control this premature ageing."

STIMULATE YOUR OVARIES

SETU BANDHA SARVANGASANA (Supported bridge pose)

- Lying flat on the floor, belly up, bend your knees so that your feet are as close to your buttocks as possible. Place your feet firmly on the ground.



- Inhale and on the exhale lift your pelvis and buttocks up, off the floor. Your thighs and inner feet should stay

parallel to each other. Move your arms underneath you for extra support and clasp your hands together.

BADDA KONASANA (Cobbler's pose)

- Sitting on your mat with your legs straight out in front of you, exhale and bend your knees, pulling your heels toward you. Keeping your feet on the ground, drop your knees towards the ground, pressing the soles of your feet together. Do not push down on your thighs or force your knees further down than they want to go.



- Bring your heels as close to your body as you can, keeping the outer edges firmly in contact with the ground.

LEGS ON THE WALL POSE (Relaxation)

- Lie down on the ground with your buttocks as close to the wall as possible
- On an exhalation, slowly extend your legs up the wall so that your body forms a 90-degree angle. Continue inhaling and exhaling.
- Hold the pose for a few minutes before slowly low-



- ering your legs to the ground.
- Lie down on the ground with your buttocks as close to the wall as possible.

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▶ Parents with kids were found to be less active than their peers without children.

The burden of bearing children

► Are kids making parents less fit? Childless adults do better at keeping in shape than those with young kids

Could kids be to blame for new parents' bad health habits?

A study found that mothers of young children were heavier and ate more calories, sugary drinks and fatty foods than childless women. Dads and moms in the study were less active than their peers without kids.

"This isn't a study about blame," said co-author Jeri-

ca Berge, a University of Minnesota researcher. "This is about identifying ... a very high-risk time period" for parents that doctors should be aware of so they can offer solutions, she said.

That may include diet advice, parent-child exercise classes, or just getting parents to take walks with their kids, the researchers said.

The study involved 1,520 adults aged 25 on average, including parents with children younger than five years old. They were among more than 4,000 Minneapolis-area public school students enrolled in a study in their teens; the new study includes those who responded to two followup health surveys.

THE ASSOCIATED PRESS

The walnut most nutty

Researchers from the University of Scranton Pennsylvania have shown that walnuts are the healthiest nut, beating pistachios, peanuts, almonds and pecans to the top spot. Dr. Vinson explains that the antioxidant levels were analyzed for nine types of nuts and that a handful of walnuts contained double

Make a stash



the levels of the rest.

"Walnuts have been shown to improve en-

dothelial function, another mechanism related to heart disease, and although they are high in heart-healthy polyunsaturated fats (walnuts more than any other nut) consuming them in moderation, one or two handfuls, does not cause weight gain," he said.

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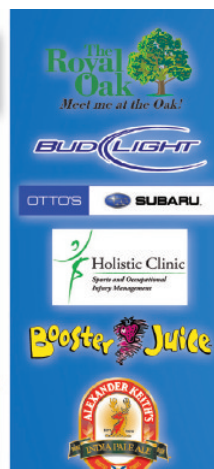
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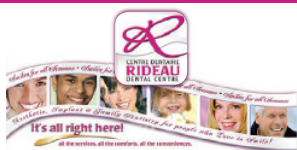
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If you celebrate Christmas, you know how excited your kids can get as the time for **Santa's visit** draws near! We will soon be seeing a similar excitement for many children as the prospect of the **Easter Bunny** and all those Easter chocolates approaches!

Well, many kids get just as excited about a visit from the **Tooth Fairy** – particularly that first visit! It can be quite fun to share in your child's excitement as you move from having that wiggly tooth right up to the moment when it finally comes out. It is such a special milestone in the growth of a child, it is no wonder that many people save their child's first tooth!

But with all the magic associated with losing that first tooth, it is easy to forget that you need to make sure that you **treat it, and lose it, in the right way!** That means you should **resist the temptation to pull it out.**

To understand why you should avoid this, you need to understand how the tooth loosens in the first place. A baby tooth becomes loose as **its root dissolves**. Once the root is sufficiently dissolved, there will really be nothing holding it in and it can be removed simply by wiggling it back and forth.

If you were to pull it prematurely, that would mean the root has not sufficiently



Dr. Bao Nguyen
Dental Surgeon

dissolved. The **pulling action will create a larger wound**. A larger wound means easier access for **bacteria** and a greater risk of your child developing an **infection**.

It is important to keep in mind that even when the tooth is allowed to come out naturally, you are leaving behind a space that bacteria can use to access your child's bloodstream. Therefore, it is important to **emphasize good oral health care practices as the new, permanent tooth grows in!**

This means you should continue to **brush and floss** around the area of the lost tooth. You may need to be more gentle immediately after the tooth has

fallen out as your child may find the area to be more sensitive. **Teaching your child to rinse properly** can also help to keep the area clean. The key is, do **NOT** assume that, because there is no tooth, there is no need for oral health care!

And as the new tooth takes its place, do not be concerned if it looks disproportionately large compared to what you were used to. **The adult teeth usually grow in at full size.** Unlike your child's jaw, they **do not continue to grow**. Over time, your child's new tooth will likely settle into place and look perfectly natural in doing so.

The key is to make sure you **bring your child to the dentist regularly** to monitor the development of his/her teeth in relation to the jaw. If there is an issue with crowding, your dentist can discuss treatment options with you as your child grows.

In the meantime, enjoy the magic of watching a child lose a tooth...and the excitement of a visit from the tooth fairy. It is a wonderful experience that all kids look forward to, as they should! You will be surprised how much fun it can be for you too...because sharing your child's excitement is a healthy habit...and healthy habits lead to healthy lives!

Dr. Bao Nguyen
- Dental Surgeon

No thinking on binge drinking

► Nearly half of all teens don't see five or more drinks on a daily basis as a big deal, says a new U.S. study

Downing five or more alcoholic drinks nearly every day isn't seen as a big problem for many of the teens in the United States, says a new report.

When asked if they see "great risk" in drinking that much, almost half the teens questioned — 45 per cent — didn't see it as a big deal.

The study released Wednesday by The Partnership at Drugfree.org also showed upward trends in marijuana and Ecstasy use among young people in grades 9 through 12.

"You're seeing this weakness in this generation of teens' attitudes around drug and alcohol



► Binge drinking rates are at record lows, but teens still not worried by downing a few drinks.

use," says Steve Pasierb, president of the partnership. "It's not like this generation of kids thinks they're more bulletproof than others, but they really don't see any harm in that heavy drinking."

And while the numbers suggest many teens do not

perceive significant harm in heavy drinking, the percentage of teens drinking is down.

"U.S. government data shows underage drinking and binge drinking are at record low levels," says Dr. Raymond Scalettar.

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Zola's: A familiar and comforting lunch option

► This eatery's fresh rolls made up for a less-than-satisfactory pasta sauce

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



I have been going to Zola's for years and never get tired of its warm and fresh rolls that have a made-from-scratch-yeasty freshness.

Over the years, the menu hasn't changed much, and I can always

► **Zola's**
194 Robertson Rd.
613-721-0227
Reservations: Yes
Quick solo lunch: Yes
Price range: \$\$\$
Rating: 3.5 out of 5



► Sundried tomato and mushroom linguine (\$17.95).

count on having my old favourite: Sundried tomato and mushroom linguine with a creamy sauce.

On this visit, I looked forward to filling my belly once again with this comfort food. The large chunks of mushrooms

and sundried tomatoes sat on top of perfectly al dente homemade noodles that twirled precariously on my fork, slapping my chin in drippy retaliation. The sauce was a touch runny, even watery, and could have been a little warmer.

I'd even say it was too chunky and could have used a whiz in the blender to marry the flavours.

But I will return to Zola's, if only for the rolls that remind me of my mom's fresh bread and a time when life was easy-going and familiar.

Oh Boy! Po' Boy Catfish Sandwich



EMILY RICHARDS
FOOD@METRONEWS.CA

egg mix followed by cornmeal mix; coat well.

Ingredients:

- ½ cup (125 mL) flour
- 1 egg
- ¼ cup (50 mL) milk
- 1 cup (250 mL) cornmeal
- 1 tsp (5 mL) each salt, cayenne pepper and garlic powder
- 4 catfish fillets, 6 to 8 oz (180 to 250 g) each
- 2 tbsp (30 mL) oil
- ½ cup (125 mL) mayo
- 1 tsp (5 mL) mustard
- 4 submarine rolls
- 2 tomatoes, sliced
- 2 cups (500 mL) shredded lettuce
- 4 lemon wedges

Preparation:

- 1 Place flour in dish. In another dish, whisk egg with milk. In a third dish, combine cornmeal, cayenne, garlic and salt. Dip fillets in flour. Dip in

- 2 In skillet, heat oil over medium-high heat and add 2 fillets. Cook for 4 minutes per side or until golden brown and fish flakes easily with a fork. Repeat with remaining fillets; add more oil if needed.

- 3 Meanwhile, in bowl, stir mayo with mustard and slice rolls in half horizontally. Spread bottom half of each roll with mayo and top with sliced tomatoes and shredded lettuce. Top with cooked fish fillet and serve with lemon wedges.

CATFISHINSTITUTE.CA
EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Indian food's healthy makeover

► Bal Arneson's new cookbook puts a modern twist on classic Indian fare ► Features salads, meat, desserts

Many Canadians believe that Indian food is fattening and full of cream, but Bal Arneson is out to correct those misconceptions.

"To speed preparation, Indian restaurants find it easier to add cream and fat to their dishes such as butter chicken," she says.

Growing up in a village in Punjab, India, the mother of two who lives with her husband in Port Coquitlam, B.C., learned from the age of nine to cook healthy food.

"In my village, cream and butter were never used on a daily basis. They are considered luxuries and were used only during festivals and special occasions like weddings."

In fact, Arneson says, recipes were simple and vegetarian.

"We ate beans and lentils, fruits, vegetables and herbs and spices from

our own gardens."

In her second book, Bal's Quick and Healthy Indian (Whitecap, \$29.95, paperback), Arneson presents the health benefits of eating classic Indian meals with a modern twist.

For example, she takes Mini Bison Patties and infuses them with mango, ginger, fennel seeds and ground cumin as well as turmeric masala.

She blends maple syrup and cardamom, cumin and ginger and brushes the mix on grilled salmon.

Because these spices are so pungent purchased in seed form, she crushes the seeds in a coffee grinder and uses them immediately "because once they're opened and turned into powder that's when the shelf life starts ticking."

Bal suggests when purchasing Indian spices in small quantities, it's

preferable to buy them at Indian grocery stores.

"I often buy them in small bags from bulk bins and throw them in the freezer so the flavour stays intact," she says.

There is an abundance of recipes in this book for salads, soups, roasts, chicken dishes, vegetable and meat entrees as well as Indian-inspired desserts.

THE CANADIAN PRESS



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algonquincollege.com/languages

CUT THE FLIRTING OR FACE THE RESULTS

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS
@METRONEWS.CA



I'm in a great relationship with my girlfriend of three years. Lately though, I've been hanging out with her friend who now works for the same company I do. My girlfriend is OK with it, and nothing's going on, but her friend's a little flirtatious. Is it still OK to hang out as long as no

moves are made?
Want to Do the Right Thing.

Claire: Tick tock...tick tock. That's the sound of a bomb waiting to blow, my friend. If you're uncomfortable enough to ask whether or not a line's being crossed, then maybe you should back off.

First step is to avoid those intimate one-on-ones. Go out for lunch in groups, avoid her when drunk at the office Christ-

mas party. Every now and then, talk about how great your girlfriend is. Mention how you speak to her in weird baby voices, and what your next vacation together will be like.

Andrea: Andrea may be my half sister, but we are in full agreement on this one. The fact that you'd even write this is a sign that you've thought about it going further (which is normal, but dangerous). It's that stereotypical slippery slope that starts with her stopping by your desk to borrow a Post-It, and ends with you imagining her on your desk, doing things that have nothing to do with Post-Its. So, since you asked, the rules are: group lunches only, burp often and loudly, scratch often and blatantly, and swear like a rabid trucker.



► Glen & Kelly met online

'LIKED' EACH OTHER

Names:
Glen, 31
and Kelly, 32

Hometown:
Winnipeg

Together since:
2006

Their story:

I (Glen) met my wife Kelly online. We didn't meet on a dating site per se, but rather

on hotornot.com. (For those not familiar with the site, anyone can upload a photo of him/herself for others to view and rate on a scale of one to 10. If you're looking to meet someone, there's also a section where you can post a brief personal profile and "like" profiles of others whom you are interested in.) Kelly liked my profile and photo, and the rest, as they say, is history. We chatted online and on the phone for about six weeks before we met in person.

In those conversations,

we discovered that we had a lot in common and even started to finish each other's sentences! Kelly actually canceled our first date out of nervousness. Fortunately, I managed to talk her into it, and when we finally did meet, it was incredible! "We were married in October 2009 and, last September, we welcomed a handsome baby boy, Lexan!"

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Part-time Studies

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Date: Thursday,
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Room: V-115

Time: 6:30 - 7:30 p.m.
Woodroffe campus
Veterinary building

QUESTIONS? Contact Shannon Brownrigg at
613-727-4723 ext. 7208 or
Shannon.Brownrigg@algonquincollege.com

algonquincollege.com/groomer

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Survey will be emailed to panelists on April 15.

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NATIONAL VOLUNTEER WEEK



Volunteer Toronto members lend a hand at the Toronto Zoo

VOLUNTEER CENTRES ARE THE EPICENTRE OF CANADA'S ALTRUISTIC MOVEMENT

Across Canada there are more than 200 Volunteer Centres, which are non-profit organizations or groups dedicated to fostering and developing volunteerism in communities. These centres serve a broad membership that includes both individual volunteers and the organizations that benefit from their time and skills.

Every Volunteer Centre is run in a way that best suits its particular location and needs, and each has its own website. At Vol-

unteer Ottawa, for example, executive director William Coukell and his staff work with 308 non-profit agencies in and around Ottawa—from the Salvation Army and hospitals to the annual Bluesfest and junior hockey associations—to help find volunteers for them.

"Last year we matched over 40,000 volunteers with organizations, which was the equivalent of \$9 million worth of labour," says Coukell. "The volunteers deliver a range of what we call 'programs,' which includes feeding people at missions and working with children in schools or patients at hospitals."

At Volunteer Toronto, staff members work with 500 non-profit organizations and charitable agencies to do the same kind of work. Each year they get 800,000 hits on their website from individuals searching for volunteer opportunities. "There's certainly a sustained interest in volunteering," says Jessica Reynolds, Volunteer Toronto's director of communications.

Reynolds cites several reasons for that interest. Someone might want to gain experience before re-entering the workforce after a medical leave or years of stay-at-home parenting. Another may need to perform community service after being charged with a minor criminal offence.

New immigrants often look at volunteering as a way to engage in his or her community.

"Part of our role is to help each organization find the right volunteer, and each volunteer find the right organization," says Reynolds. "When the right match is made, it benefits everyone."

by Jane Doucet

THROUGH THE YEARS

The first Volunteer Centre was established in 1937 in Montreal, in response to the need for volunteers during the Second World War. During the 1960s and '70s, Volunteer Centres opened in many urban areas across the country to promote and support effective volunteering.

Throughout the last 30 years, Volunteer Centres have created programs, conducted research and provided training. They offer leadership in such areas as youth volunteerism, risk management, corporate volunteerism, mandatory volunteerism, community service and educational campaigns.

In Canada there are Volunteers Centres in all provinces and territories except Nova Scotia, Prince Edward Island, Northwest Territories and Nunavut. To find out if there's one in your area, visit <http://volunteer.ca/i-want-volunteer/find-volunteer-centre> or call 1-800-670-0401.

Volunteer

[vol-uhn-teeer] a person who voluntarily offers himself or herself for a service or undertaking

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[roj-ers TV vol-uhn-teeer] a person dedicated to and passionate about making television that matters to their local community

THANK YOU

[thangk-yoo] an expression of thanks extended to all Rogers TV volunteers

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CRA calling? Pick up!

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Remember what it felt like to be sent to the principal's office? There you sat, terrified of the consequences, fearing your parents would be told of your transgression and convinced that life, as you knew it, had come to an end.

Fast forward into adulthood and

even a mere query from the Canada Revenue Agency is enough to put you right back on that hard chair, stomach churning, as you waited for an audience with the principal.

Whether it is a query, a re-assessment or a full-blown audit, H & R Block offers seven tips to help you get through it.



Deal with it: Don't ignore those brown CRA envelopes. Open. Read. Act. And if you get a phone call return it promptly. Sticking your

head in the sand definitely does not work with the CRA.

Meet the deadlines: Whether it's a request for moving expenses or proof of childcare costs, there will be a deadline which you should note in big red letters on your calendar. Otherwise you risk re-assessment and denial of the claim or credit. However the CRA will often extend a deadline if you call in advance.

Find your paperwork: The CRA will not be sympathetic if you plead disorganization. Lost or missing paperwork will only make the process longer and the likelihood of unfavourable reassessment greater.

Ignore tips from friends: Your friend may be claiming a boat on a lake up

north somewhere as an employment expense but don't be tempted to follow suit. Same goes for things such as cell phones. Employment expenses can only be claimed with form T2200 and must be included in your employment contract.

Pay up front: Pay any balance after a reassessment immediately. You can file a Notice of Objection if you disagree. If you are successful you'll be refunded the money and if not you'll have avoided interest charges during the process.

Stand up for yourself: The CRA can be heavy handed. If you feel the CRA treatment has been unreasonable or unfair complain to the Taxpayers' Ombudsman Office which ensures the Taxpayers' Bill of Rights is being upheld.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



PRE-NUPTIAL PANIC?

Sometimes people feel the need to protect their net worth from their partner. Perhaps there's a great disparity between assets or income or this is a second marriage. Children from a previous union might be involved or one partner could own a business. Other times, there are trust issues. Generally, whatever is accumulated during a marriage or a recognized common-law union is considered community property and would be divided equally during divorce and separation proceedings.

But, tools such as cohabitation and prenuptial agreements can be signed prior to joining households.

These papers define rights, obligations and how each partner wants to own their assets if the union ends.

Regardless of your personal view, take an inventory of all your assets prior to marriage or moving in. Sometimes asset values (or entitlement) can get blurred through divorce and separation proceedings. By having a clear record of what you own and its value (use an appraiser if you need to and keep your receipts), asset values will be very clear.

The alternative to having a legal agreement is complying with divorce and separation laws, which can have some very unintended and uncontrollable outcomes.

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Going coupon crazy

► Extreme Couponing points camera at shoppers with serious saving skill

The supermarket is the latest stop for cable television's freak show.

J'aimé Kirlew takes five hours to prepare for a trip to the grocery store, carrying with her a box of coupons and a list that shows every item the store sells and where it is located. She puts on her "game face," applying makeup before heading to the checkout stand, and dances a jig when a nearly \$2,000 shopping bill is reduced to \$103.72.

"My image is very important to me," says the paralegal from Bethesda, Md., on the hotly anticipated series Extreme Couponing, which airs on TLC on Wednesdays. The show follows shoppers whose intense devotion to finding bargains can whittle a \$555.44 grocery store bill down to \$5.97.

Extreme Couponing adds to cable networks' long list of programs about odd behaviours (Hoarders),



► Do you think you could reduce the cost of your grocery store by over 90 per cent?

unusual professions (Ice Road Truckers) and human tragedies (Intervention).

Get it right, as History has done with Pawn Stars, and you've struck gold with a hit that can help define a network.

Extreme Couponing competes for best new show title with Discovery's Hogs Gone Wild, about people whose jobs are to chase wild pigs.

TLC is excited about the show's potential. The net-

work previewed an episode of Extreme Couponing during the holidays last December, giving it little promotion. Executives hoped to get about one million viewers, and instead it got more than twice that, said Amy Winter, the station's top executive.

"It just made this absolute connection to our audience, who wish they could save money like these people," Winter said.

Kirlew dove into

coupon-cutting when her husband lost his job more than a year ago. Her local newspaper delivers bundles of leftover advertising inserts onto her sidewalk, which she uses in addition to a laptop computer to figure out sales.

Need a paper towel? A shower stall in her home is stuffed with 450 rolls of toilet paper and 250 rolls of paper towels. Her compulsiveness is also obvious in the supermarket aisles, when cameras catch her buying 62 bottles of mustard, even as her husband gently reminds her, "I don't eat mustard."

She leaves one plastic bottle on the shelf for other shoppers.

Another shopper profiled uses the house her family of nine owns as a storage area. She had to install storage shelves in her bedroom and stuffs toilet paper under her two-year-old's bed.

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What's new on campus



MIRIAM OSBORNE
LIFE@METRONEWS.CA

Carleton students compete in satellite design competition

Geocentrix Technologies Ltd. has announced that Carleton University is among teams competing for Canada's first Canadian Satellite Design Challenge (CSDC).

This Canada-wide university competition is challenging universities to create new innovative satellite designs that may lead to advancements in this industry. The challenge runs over two academic years and the winning team will be selected in late 2012, with the intention of launching its satellite into orbit to conduct a science research mission.

Excitement is mounting as the teams work toward the first project milestone: a Preliminary Design Re-

view, where experienced engineers and scientists from Canadian space industry will evaluate their initial designs. The CSDC will give participating students a solid foundation in satellite design, project management, and working in a large, interdisciplinary team setting.

**University of Ottawa, Carleton
celebrate women's studies**

Allen Rock, president of the University of Ottawa, and Roseann O'Reilly Runte, president of Carleton University, invited members of the media to a reception to mark the 25th anniversary of the Joint Chair in Women's Studies earlier this month.

The Carleton University-University of Ottawa Joint Chair in Women's Studies was created in 1985 with the support of the Secretary of State for Canada



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► From launching a hybrid rocket made of off-the-shelf parts, to a celebration of women's studies and the first ever student of the year award ► Check out what's happening at a post-secondary institution near you

and through the dedication of faculty members at both universities.

It was launched as one of five regional chairs in women's studies across Canada and is the only bilingual chair. Since its inception, it has had an important impact in academe, influencing the development of social norms and government policy.

Carleton launches hybrid rocket

In the summer of 2009, Carleton Aerospace Engineering student Gilles Messier wanted to find out how easy it would be to build a hybrid rocket engine on a small budget using off-the-shelf parts.

His efforts paid off this past weekend when he and a small group of other Carleton engineering students watched the now reconfigured engine roar to life.

Messier founded Carleton Hybrid Rocket Research Project (CHRRP) to

help other Carleton students study and develop innovations in the field of hybrid rocket propulsion, a relatively new technology that promises to become a keystone of the emerging private, affordable space flight industry.

He says that these extracurricular activities are helping everyone in the group learn more about the principles of engineering and rocket propulsion in a hands-on manner.

Algonquin celebrates new student commons

More than 150 students, staff, faculty, members of the community and VIPs attended the official groundbreaking ceremony on April 5 — with diesel-powered backhoes — of the new Algonquin College Student Commons.

Anchored by a 700-seat theatre for lectures and performances, the \$52-million, 110,000-square-foot Student Commons will

provide a grand atrium lounge area for students to relax in comfortable furniture and enjoy a coffee with friends.

The facility will provide a variety of choices for students to access student support services, use club and activity space, study quietly or in groups, or take advantage of a variety of purposeful green spaces nearby.

Willis celebrates student of the year

Cory Page, a student at Willis College of Business, Health and Technology, received the first National Student of the Year Award from the National Association of Career Colleges.

Recipients of the award are recognized for excellence in their program of study and for making contributions to the community in Canada or abroad. Cory Page is studying in the Network Systems Engineer Diploma Program at



FLICKR: ALISON CATHRAE

Willis College and has a current academic average of 94 per cent.

Cory also volunteers extensively with the Canadian Breast Cancer Network. His work with the CBCN has saved the organization thousands of dollars on IT-related costs.

Relationships in the spotlight
Augustine College is now accepting applications for the second Alumni/Young-Adult Conference, which will be taking place from July 14 to 16. The topic this year is Relationships, Sexuality and the Christian Tradition. In a series of

lectures and Biblical reflections, Augustine College faculty and guests will explore relationships, and show how issues addressed by classical and Christian thinkers remain pivotal to the way we think about sexuality, intimacy, marriage and chastity.

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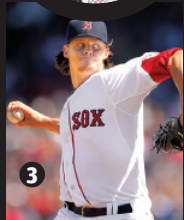
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 ROYAL ROADS UNIVERSITY



4
sports

Sports in brief



1 Kim Clijsters cracked her ankle at a wedding party last weekend, which will likely force her to miss the French Open starting May 22.

2 Don Cherry picks the Boston Bruins to beat the Montreal Canadiens in the first round.

3 Pitcher Clayton Kershaw has been guaranteed just under \$30 million US as part of a fresh agreement with the Los Angeles Dodgers that runs through 2015.

Senators begin hunt for next head coach

► Clouston fired as Sens miss playoffs for second time in past three seasons

The requirements for the next coach of the Ottawa Senators seem straightforward enough.

They're looking for someone with the ability to connect with the players and get the best out of them, but, most of all, they want someone who can turn the club into a winner.

That was the message from General Manager Bryan Murray yesterday as the 32-40-10 Senators closed the books on a disappointing season that resulted in the weekend firing of coach Cory Clouston.

Clouston, 41, paid the price for the Senators finishing 26th overall, some 19 points back of the New York Rangers for the eighth and final post-season berth in the East.

"In hockey, in sport, and professional sport in particular, the point guy is the coach most of the time," Murray said after axing Clouston and assistants Greg Carvel and Brad Lauer

"Winning is the big thing and that's the bottom line."

SENATORS GM BRYAN MURRAY

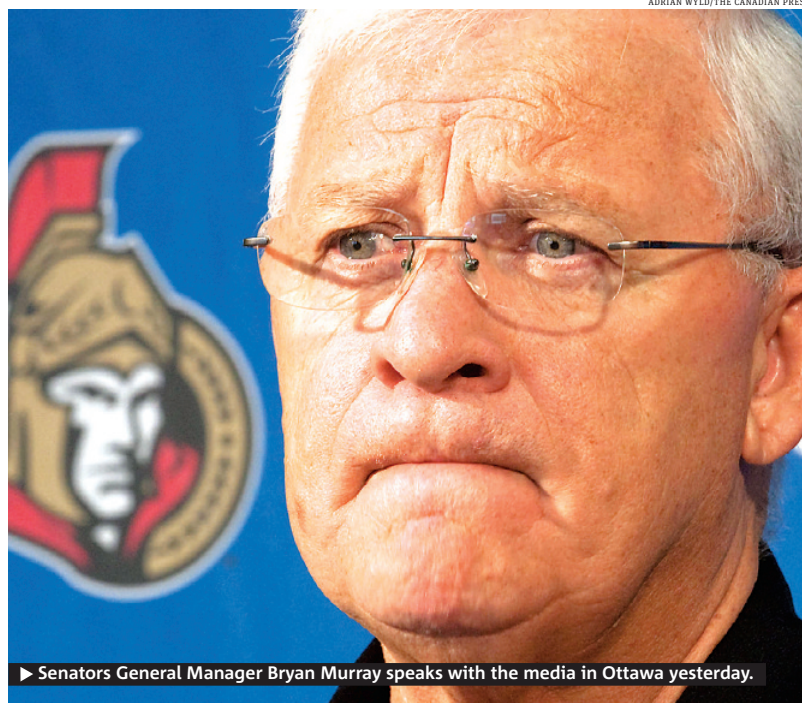
hours after the Senators' season-ending 3-1 loss in Boston on Saturday.

"And so you point the finger sooner at him than at other people ... We made that decision some time ago."

The writing was on the wall for Clouston for a while.

His contract was up after this season and when Murray was signed to a three-year extension by owner Eugene Melnyk on Friday, it was clear Clouston would be the fall guy despite a late-season surge that saw the Senators' play improve dramatically with a lineup filled with AHL call-ups.

"(I'm) obviously disappointed. We felt as a staff that the team had played very well the last 27 games



► Senators General Manager Bryan Murray speaks with the media in Ottawa yesterday.

under very difficult circumstances. We'd have loved the opportunity to move forward with this hockey club," said Clouston at Scotiabank Place yesterday.

Clouston took the opportunity to thank the organization for the opportunity and said he had no hard feelings about the manner in which the

announcement was made – virtually at the airport – and one the organization took some criticism for over its timing.

THE CANADIAN PRESS

Opinion

KEN CAMPBELL

THE HOCKEY NEWS



PICKING COACH AN IMPORTANT TASK FOR GM

General managers in the NHL have multi-pronged and stress-inducing duties in today's NHL. They're ultimately responsible for the quality of the product on the ice and constantly have to keep an eye to the future.

They have to do all of that within a strict budget and put their managerial reputations on the line every time they sign, trade or draft a player. Which makes you wonder why Bryan Murray wants to take another crack at the job at the age of 68. But we're guessing Murray has a keen interest in repairing a mess that was largely of his own making and kudos to him for that.

But there is one area of the job where Murray is simply going to have to show more acumen. If he doesn't, he and the Senators are doomed to fail once again.

There are a good number of managers in the NHL who are of the opinion that the single most important contribution a coach can make, and where he has the most impact, is his choice of a head coach. Drafts, signings and trades are usually done by more of a committee, even though the GM ultimately takes responsibility for all of them, but the man he hires behind the bench is often a much more solitary and subjective choice.

And so far with the Ottawa Senators, Murray is 0-for-3 in that department. In

fact, the only person he seems to have been able to find to coach this team to any success is himself.

Since taking the Senators job in 2007, Murray has hired John Paddock, Craig Hartsburg and Cory Clouston. The only one who had any measure of success at all was Clouston and since he was simply promoted from Binghamton, you could argue it was an easy and convenient choice to make. But if you're using this past season as a benchmark, it was ultimately a failed choice.

Murray cannot afford to make that same mistake again. He must find someone out there who matches the identity of this team and can coax maximum performances out of everyone on the roster.

Ken Hitchcock is still out there and is itching to get back into the coaching game. He would be an even more abrasive taskmaster than Clouston, but the difference is Hitchcock comes with more than 500 career victories – a Stanley Cup and two Olympic gold medals as an assistant coach.

The Senators should hire him before someone else does.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
z-Washington	82	48	23	5	6	224	197	107	25-9-2-6	23-15-3-0	7-2-0-1	L1
y-Philadelphia	82	47	23	5	7	259	223	106	22-12-2-5	25-11-3-2	3-4-1-2	W1
y-Boston	82	46	25	5	6	246	195	103	22-13-3-3	24-12-2-3	6-3-0-1	L1
x-Pittsburgh	82	49	25	5	3	234	201	106	25-14-2-0	24-11-3-3	8-2-0-0	W4
x-Tampa Bay	82	46	25	5	6	247	240	103	25-11-1-4	21-14-4-2	7-3-0-0	W2
x-Montreal	82	44	30	5	3	216	209	96	24-11-3-3	20-19-2-0	5-4-1-0	W4
x-Buffalo	82	43	29	9	1	245	229	96	21-16-3-1	22-13-6-0	8-1-1-0	W1
x-NY Rangers	82	44	33	2	3	233	198	93	20-17-1-3	24-16-1-0	6-3-0-1	W1
Carolina	82	40	31	6	5	236	239	91	22-14-3-2	18-17-3-3	7-2-1-0	L1
Toronto	82	37	34	5	6	218	251	85	18-15-3-5	19-19-2-1	6-3-0-1	L3
New Jersey	82	38	39	3	2	174	209	81	22-16-2-1	16-23-0-2	4-5-0-1	W1
Atlanta	82	34	36	5	7	223	269	80	17-17-2-5	17-19-3-2	4-6-0-0	L2
Ottawa	82	32	40	5	5	192	250	74	16-20-2-3	16-20-3-2	5-4-0-1	L1
NY Islanders	82	30	39	7	6	229	264	73	17-18-1-5	13-21-6-1	3-6-0-1	L4
Florida	82	30	40	5	7	195	229	72	16-17-4-4	14-23-2-2	1-7-0-2	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
p-Vancouver	82	54	19	4	5	262	185	117	27-9-1-4	27-10-3-1	7-3-0-0	W2
y-San Jose	82	48	25	4	5	248	213	105	25-11-2-3	23-14-2-2	8-1-0-1	W1
y-Detroit	82	47	25	6	4	261	241	104	21-14-4-2	26-11-2-2	4-4-2-0	W1
x-Anaheim	82	47	30	3	2	239	235	99	26-13-1-1	21-17-2-1	7-3-0-0	W3
x-Nashville	82	44	27	7	4	219	194	99	24-9-5-3	20-18-2-1	7-2-1-0	L1
x-Phoenix	82	43	26	7	6	231	226	99	21-13-4-3	22-13-3-3	6-3-0-1	L2
x-Los Angeles	82	46	30	4	2	219	198	98	25-13-3-0	21-17-1-2	6-4-0-0	L1
x-Chicago	82	44	29	4	5	258	225	97	24-17-0-0	20-12-5-4	5-4-1-0	L1
Dallas	82	42	29	4	7	227	233	95	22-11-3-5	20-18-1-2	4-4-2-0	L1
Calgary	82	41	29	5	7	250	237	94	23-13-2-3	18-16-3-4	4-3-2-1	L1
St. Louis	82	38	33	5	6	240	234	87	23-13-1-4	15-20-4-2	6-2-1-1	W1
Minnesota	82	39	35	3	5	206	233	86	19-17-2-3	20-18-1-2	4-6-0-0	W2
Columbus	82	34	35	5	8	215	258	81	17-19-1-4	17-16-4-4	1-6-1-2	L6
Colorado	82	30	44	7	1	227	288	68	16-21-4-0	14-23-3-1	2-8-0-0	W1
Edmonton	82	25	45	3	9	193	269	62	13-22-1-5	12-23-3-3	2-6-1-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Sunday's results	Minnesota 5 Dallas 3
Colorado 4 Edmonton 3 (OT)	New Jersey 3 Boston 2
Detroit 4 Chicago 3	Pittsburgh 5 Atlanta 2

END OF 2010-11 REGULAR SEASON

PLAYOFFS

CONFERENCE QUARTER-FINALS
(BEST-OF-7)

EASTERN CONFERENCE

Washington (1) vs. N.Y. Rangers (8)**Tomorrow's game**

N.Y. Rangers at Washington, 7:30 p.m.

Friday's game

N.Y. Rangers at Washington, 7:30 p.m.

Sunday, April 17

Washington at N.Y. Rangers, 3 p.m.

Wednesday, April 20

Washington at N.Y. Rangers, 7 p.m.

Saturday, April 23

x-N.Y. Rangers at Washington, 3 p.m.

Monday, April 25

x-Washington at N.Y. Rangers, TBA

Wednesday, April 27

x-N.Y. Rangers at Washington, TBA

Philadelphia (2) vs. Buffalo (7)**Thursday's game**

Buffalo at Philadelphia, 7:30 p.m.

Saturday's game

Buffalo at Philadelphia, 5 p.m.

Monday, April 18

Philadelphia at Buffalo, 7 p.m.

Wednesday, April 20

Philadelphia at Buffalo, 7:30 p.m.

Friday, April 22

x-Buffalo at Philadelphia, 7:30 p.m.

Sunday, April 24

x-Philadelphia at Buffalo, 3 p.m.

Tuesday, April 26

x-Buffalo at Philadelphia, TBA

Boston (3) vs. Montreal (6)**Thursday's game**

Montreal at Boston, 7 p.m.

Saturday's game

Montreal at Boston, 7 p.m.

Monday, April 18

Boston at Montreal, 7:30 p.m.

Thursday, April 21

Boston at Montreal, 7 p.m.

Saturday, April 23

x-Montreal at Boston, 7 p.m.

Tuesday, April 26

x-Boston at Montreal, TBA

Wednesday, April 27

x-Montreal at Boston, TBA

Pittsburgh (4) vs. Tampa Bay (5)**Tomorrow's game**

Tampa Bay at Pittsburgh, 7 p.m.

Friday's game

Tampa Bay at Pittsburgh, 7 p.m.

Monday, April 18

Pittsburgh at Tampa Bay, 7:30 p.m.

Wednesday, April 20

Pittsburgh at Tampa Bay, 7:30 p.m.

Saturday, April 23

x-Tampa Bay at Pittsburgh, TBA

Monday, April 25

x-Pittsburgh at Tampa Bay, TBA

Wednesday, April 27

x-Tampa Bay at Pittsburgh, TBA

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Chicago	60	20	.750	—
y-Miami	57	24	.704	3½
y-Boston	55	25	.688	5
x-Orlando	51	30	.630	9½
x-Atlanta	44	37	.543	16½
x-New York	42	38	.525	18½
x-Philadelphia	41	40	.506	19½
x-Indiana	37	44	.457	23½
Milwaukee	33	47	.413	27
Charlotte	33	48	.407	27½
Detroit	29	51	.363	31
New Jersey	24	57	.296	36½
Washington	22	58	.275	38
Toronto	22	58	.275	38
Cleveland	17	63	.213	43

WESTERN CONFERENCE

	W	L	Pct	GB
z-San Antonio	61	19	.763	—
y-L.A. Lakers	55	25	.688	6
x-Dallas	55	25	.688	6
y-Oklahoma City	54	26	.675	7
x-Denver	49	31	.613	12
x-Portland	47	33	.588	14
x-New Orleans	46	34	.575	15
x-Memphis	46	34	.575	15
Houston	42	38	.525	19
Phoenix	38	42	.475	23
Utah	37	43	.463	24
Golden State	35	45	.438	26
L.A. Clippers	31	50	.383	30½
Sacramento	24	56	.300	37
Minnesota	17	63	.213	44

x-clinched playoff spot; y-clinched division

z-clinched conference

Last night's results

Miami 98 Atlanta 90

Charlotte 105 New Jersey 103

Orlando 95 Philadelphia 85

Boston at Washington

Cleveland at Detroit

Toronto at Milwaukee

Utah at New Orleans

Dallas at Houston

Golden State at Denver

Minnesota at Phoenix

Oklahoma City at Sacramento

Sunday's results

Chicago 102 Orlando 99

Miami 100 Boston 77

Memphis 111 New Orleans 89

Detroit 112 Charlotte 101

Toronto 99 New Jersey 92

New York 110 Indiana 109

Dallas 115 Phoenix 90

Sacramento 104 Golden State 103

Oklahoma City 120 L.A. Lakers 106

Tonight's games

Chicago at New York, 8 p.m.

Memphis at Portland, 10 p.m.

San Antonio at L.A. Lakers, 10:30 p.m.

Tomorrow's games

New York at Boston, 8 p.m.

Atlanta at Charlotte, 8 p.m.

Washington at Cleveland, 8 p.m.

Indiana at Orlando, 8 p.m.

Detroit at Philadelphia, 8 p.m.

Miami at Toronto, 8 p.m.

New Jersey at Chicago, 8 p.m.

New Orleans at Dallas, 8 p.m.

Houston at Minnesota, 8 p.m.

Milwaukee at Oklahoma City, 8 p.m.

Denver at Utah, 8 p.m.

Portland at Golden State, 10:30 p.m.

Memphis at L.A. Clippers, 10:30 p.m.

San Antonio at Phoenix, 10:30 p.m.

L.A. Lakers at Sacramento, 10:30 p.m.

END OF 2010-11 REGULAR SEASON

SOCCER

ENGLAND
PREMIER LEAGUE**Yesterday's result**

Liverpool 3 Manchester City 0

SPAIN

LA LIGA

Yesterday's result

Zaragoza 2 Getafe 1

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION					
	W	L	Pct	GB	
Baltimore	6	3	.667	—	
New York	5	4	.556	1	
Toronto	5	4	.556	1	
Boston	2	7	.222	4	
Tampa Bay	1	8	.111	5	
CENTRAL DIVISION					
	W	L	Pct	GB	
Cleveland	7	2	.778	—	
Chicago	6	3	.667	1	
Kansas City	6	3	.667	1	
Minnesota	3	6	.333	4	
Detroit	3	7	.300	4½	

WEST DIVISION					
	W	L	Pct	GB	
Texas	9	1	.900	—	
Los Angeles	5	4	.556	3½	
Oakland	4	5	.444	4½	
Seattle	2	7	.222	6½	

Yesterday's results

Texas 2 Detroit 0

Tampa Bay at Boston

Oakland at Chicago White Sox

Cleveland at L.A. Angels

Toronto at Seattle

Sunday's results

L.A. Angels 3 Toronto 1

Boston 4 N.Y. Yankees 0

Chicago White Sox 6 Tampa Bay 1

Cleveland 6 Seattle 4

Kansas City 9 Detroit 5

Oakland 5 Minnesota 3

Texas 3 Baltimore 0

Today's games

Texas (C.Wilson 1-0) at Detroit (Penny 0-1),

1:05 p.m.

Baltimore (Tillman 0-0) at N.Y. Yankees

(A.J.Burnett 2-0), 7:05 p.m.

Tampa Bay (Price 0-2) at Boston (Lester 0-0),

7:10 p.m.

Kansas City (Francis 0-0) at Minnesota

(Duensing 0-0), 8:10 p.m.

Oakland (Cahill 1-0) at Chicago White Sox

(E.Jackson 2-0), 8:10 p.m.

Cleveland (Carmona 0-1) at L.A. Angels

(Haren 2-0), 10:05 p.m.

Toronto (R.Romero 1-0) at Seattle (Pineda 0-

1), 10:10 p.m.

SUNDAY

ANGELS 3, BLUE JAYS 1

Toronto	ab	r	h	bi	Los Angeles	ab	r	h	bi
RDavis cf	2	0	0	0	Bourjos cf	4	0	1	2
JMcDnl 3b	1	0	1	0	HKndrc 2b	2	1	0	0
YEScor ss	2	0	1	1	Abreu rf	4	0	1	1
Bautist rf	3	0	0	0	TrHntr dh	3	0	1	1
Lind 1b	4	0	0	0	V.Wells lf	4	0	0	0
A.Hill 2b	4	0	0	0	Callasp 3b	3	1	1	1
RJriver dh	4	0	0	0	Trumo 1b	4	1	1	1
Snider lf-cf	4	0	1	0	BoWiso c	3	0	0	0
J.Nix 3b-lf	3	0	0	0	B.Wood ss	3	0	1	1
J.Molin c	3	1	1	0					
Totals	30	1	4	1	Totals	30	3	6	

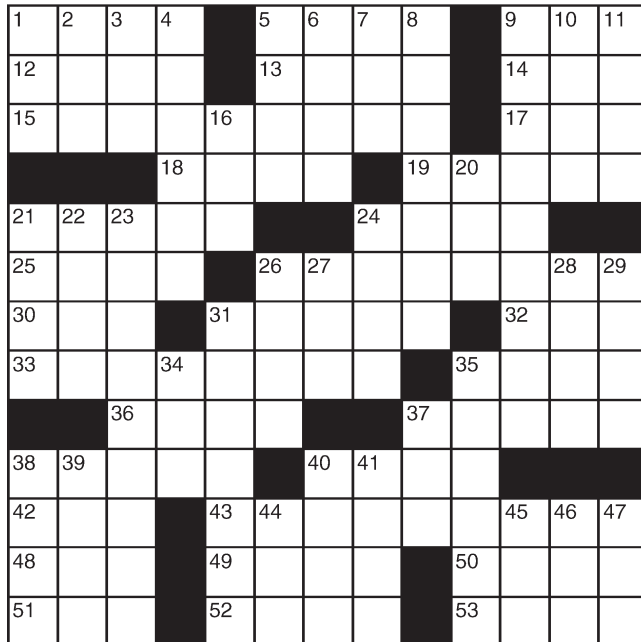
Crossword

Across

1 Loony
5 Actress Sorvino
9 "That's a laugh!"
12 Reed instrument
13 Black, in poetry
14 Hearty brew
15 Mouth organ
17 Tier
18 Asset
19 Physician of ancient Greece
21 Was sore
24 Great Lake
25 Carson predecessor
26 "All Quiet on the Western Front" author
30 Blunder
31 Automaton
32 "Born in the —"
33 Suave
35 Hastened
36 Terrible guy?
37 Gives temporarily
38 Dr. Salk
40 Entrance
42 Early bird?
43 Teen sibs of who-dunit fame
48 Before
49 Did surveillance on
50 Touch
51 Apiece
52 Stitches
53 Viscous

Down

1 Homer's outcry
2 Lawyers' org.
3 Supporting
4 Composure
5 Options list
6 Wading bird
7 Sinbad's bird
8 Turn of phrase?
9 Pantomime jester
10 Lotion additive
11 Chopped
16 Antiquated
20 Melody
21 Mimicked
22 Give a darn
23 Omen
24 Like certain profs.
26 Equine coloration
27 Inventor Whitney
28 Second-hand
29 George of "CSI"
31 Grinds one's teeth



► Yesterday's answer



Today's horoscope

♈ **Aries** March 21-April 20 The more you're tempted to take a risk, the more you should remind yourself there's no need.

♉ **Taurus** April 21-May 21 What looks like a problem now won't be one for long.

♊ **Gemini** May 22-June 21 If you make an error of some kind today, you must put it right the first chance you get.

♋ **Cancer** June 22-July 22 If you are not entirely sure you are doing the right thing, it might be better to do nothing at all.

♌ **Leo** July 23-Aug. 23 Be careful what you say because a rival is looking for a reason to catch you and make you look bad.

♍ **Virgo** Aug. 24-Sept. 22 If you have skeletons in your closet, you must have a plan for when they're revealed.

♎ **Libra** Sept. 23-Oct. 23 Someone will say things to provoke you. Don't take the bait.

♏ **Scorpio** Oct. 24-Nov. 22 It's good to take your responsibilities seriously but don't let them take over your entire life.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 Be wary of someone who tries to coax you into taking a risk.

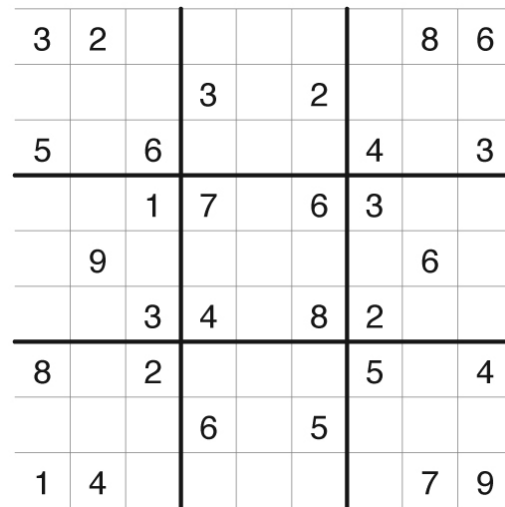
♑ **Capricorn** Dec. 22-Jan. 20 You are not responsible for all the bad things that happen in other people's lives.

♒ **Aquarius** Jan. 21-Feb. 18 Stick with what you have got, at least for the moment, and don't get greedy.

♓ **Pisces** Feb. 19-March 20. An individual who lacks common sense needs your help today.

© SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	8	3	2	7	9	4	5	6
2	4	6	1	8	5	3	7	9
7	9	5	4	3	6	8	2	1
3	6	4	5	9	7	2	1	8
8	7	2	3	6	1	9	4	5
9	5	1	8	4	2	6	3	7
5	3	7	9	2	8	1	6	4
4	1	8	6	5	3	7	9	2
6	2	9	7	1	4	5	8	3

Today

14°/4°
Partly cloudy

Wednesday

13°/2°
Cloudy

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- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

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